

White Mountain Summer Dance Festival  
Video Application Guidelines

In order for us to tailor your schedule of classes, create a supportive experience, and maximize your time at the festival, it is important that we have an idea of your prior training and goals. We therefore ask that you please include a video portion in your application.

This video should be comprised of two parts and should be approximately 5 minutes long.

**Technique** (3-4 minutes); Ballet or Contemporary/Modern. This section should include a demonstration of

- Level change (including floor work)
- Dynamic/qualitative changes
- Jumps
- Turns
- Ability to move through space

**Solo** (1-2 minutes) Solo may be executed in the technique you feel best demonstrates your individual movement quality and artistic choices. This can be in studio, classroom, or performance setting.